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PRESS RELEASE – For Immediate Release

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District Health Offers Free Tobacco Cessation Classes

South Central District Health and St. Luke's Medical Center – Wood River will offer the American Cancer Society's "Fresh Start" program designed to help adults quit using tobacco. This free six-week class will begin on Wednesday, September 21, at 5:30 p.m. and continue every Wednesday until October 26 at St. Luke's Community Health Center located at 309 S. Main St. in Hailey. Participants may register by calling Lexie Holtz at 727-8737 or Tami Pearson at 737-5945.

The "Fresh Start" program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 430,000 people die every year in United States from using tobacco products. Space is limited in the free class so participants are urged to register early.

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